



BANANA ENERGY BARS

Serves 9

Ingredients

2	Eggs
1 large	Ripe Banana, mashed
1 cup	Rollled Oats
½ cup	Unsalted Raw Sunflower Seeds
½ tsp	Ground Cinnamon
½ cup	Whey Protein (optional)
½ cup	Chopped Pitted Dates
½ cup	Raisins
½ cup	Chopped Walnuts
½ cup	Chopped Dried Apricots
½ cup	Toasted Wheat Germ or Almond Meal (GF)
1/3 cup	Pure Maple Syrup
¼ cup	Whole-Wheat Pastry Flour, or Buckwheat Flour (GF)

Equipment

- Baking dish
- Mixing bowls
- Spatula
- Wooden spoon

Directions

1. Preheat an oven to 300 degrees F. Lightly oil a 9x13-inch baking dish.
2. Mix the eggs, banana, oats, sunflower seeds, cinnamon, protein powder, dates, raisins, walnuts, apricots, maple syrup, and flour together in a large bowl until thoroughly combined; spread the mixture evenly into the prepared baking dish. NOTE: If not using the whey protein powder add ¼ of almond meal to retain the moisture balance.
3. Bake in the preheated oven for 20 minutes; set aside to cool. Cut into 9 bars and wrap individually to store. These make large snacks and can easily be cut to ½ size/
4. Option to make them more of a special, though messier, treat is to melt dark chocolate and brush a little on the top of the bars.